



WELCOME!

Survivorship “Power Tools” for Healing

Kay Ryan, Ph.D., R.N.
Steph Koraleski, Ph.D.

Objectives

1. Explain the use of simple research-based strategies to help cancer survivors regain or improve their health and wellbeing.
2. Discuss teaching methods that help cancer survivors learn to practice research-based strategies for improving their health and wellbeing.
3. Demonstrate how to use “Power Tools” like imagery and gratitude to aid healing and progress in the Survivorship Journey.

A Time to Heal (Survivorship 101)

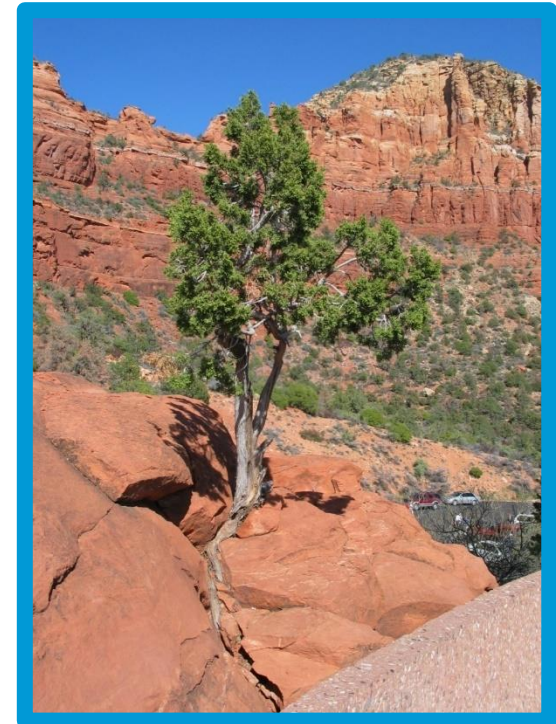
- Friends



- THE PROGRAM

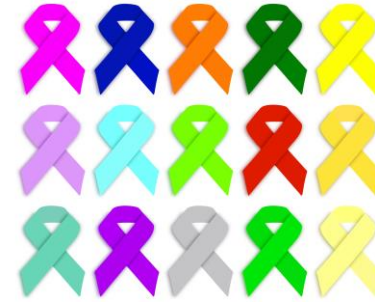
- Research-based
- Education
- Safe place to share
- Strategies (“Power Tools”)

- NOW



Cancer Survivorship

(NIH Cancer.gov <https://cancercontrolcenter.gov/ocs/statistics#>)



- ACS: ~20 million cancer survivors in the U.S.
- Living longer → 79% over 60
- Unique needs after cancer diagnosis/treatment

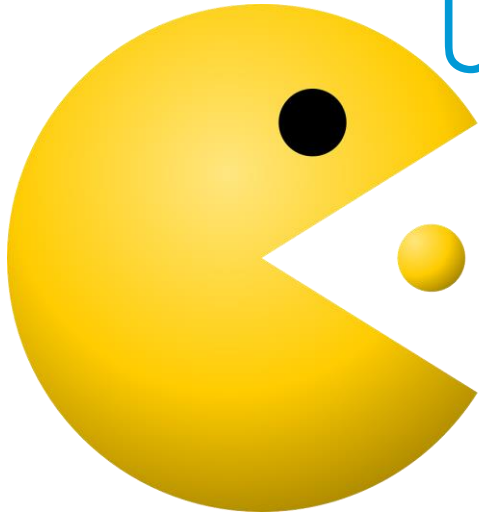
CREATE YOUR BEST LIFE!

Why do Survivors need “Power Tools”?

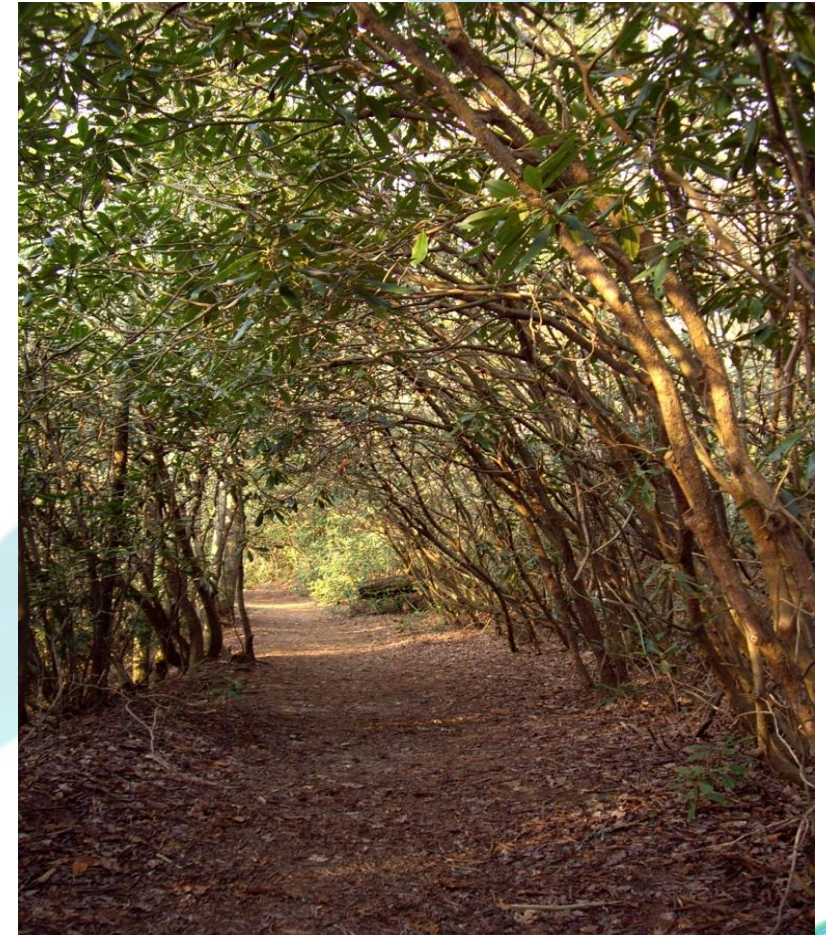
- Survivorship as a journey
- Creating your BEST LIFE
- Stressors
- Resilience Factors
- Coping Techniques



Using Visualization with Patients



- Carl Simonton
- Bernie Siegel
- Emmett Miller
- Jean Achterberg
- Larry LeShan



Evolution to Guided Imagery



- **Visualization only really works for about 55% of people**
- **Sound, smells, feels, tastes as well as sights**





The Research

- Increased well-being, resilience, efficacy, confidence
- Reduced anxiety, depression
- Biological evidence of increased immune function

A short example of guided imagery

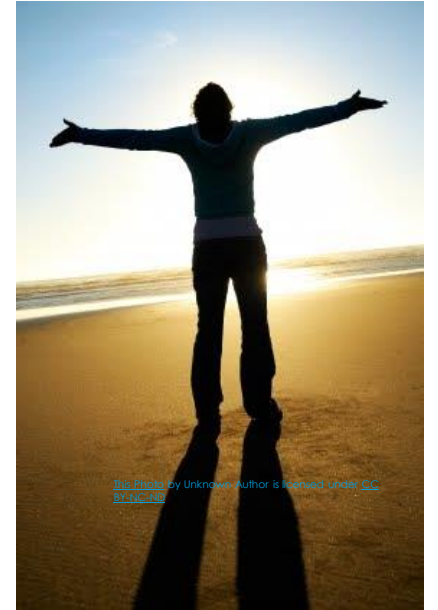


© 2023 A Time to Heal Cancer Foundation



GRATITUDE

- Recognizing that something good has happened to you
- Appreciating...
- **Seeing (and Remembering) GOOD**



The RESEARCH on Gratitude

- ↓ **Anxiety**
- ↓ **Stress**
- ↓ **Depression**



The RESEARCH on Gratitude

- ↑ **Positive Emotions**
- ↑ **Calmness**
- ↑ **Sleep Quality**
- ↑ **Positive Outlook**
- ↑ **KINDNESS**
- ↑ **Strength of Relationships**
- ↑ **Self-reported HEALTH!**



This Photo by Unknown Author is licensed under [CC BY](#)

Gratitude

- As a “Power Tool”
- Practice
 - Lists
 - Notes or Calls
 - Journal
 - Gratitude Meditation
- **HEAL** (Rick Hanson, Ph.D.)
 - **H**ave a gratitude experience
 - **E**nrich it
 - **A**bsorb it
 - **L**ink it



Let's Practice Gratitude!

RELAX – breathe in happy memories

Choose SOMETHING...

HEAL (Rick Hanson, Ph.D.)

- **H**ave a gratitude experience
- **E**nrich it (14 seconds)
- **A**bsorb it - NOTE, email, call...
- **L**ink it (optional)



This Photo by Unknown Author is licensed under [CC BY-NC](#)

Summary

- Survivorship is a journey
- Healing
- Power Tools = Simple Strategies that help



A Time to Heal:

CREATE YOUR BEST LIFE!

References

- Andreas Charalambous, Margarita Giannakopoulou, Evangelos Bozas, Lefkios Paikousis, "A Randomized Controlled Trial for the Effectiveness of Progressive Muscle Relaxation and Guided Imagery as Anxiety Reducing Interventions in Breast and Prostate Cancer Patients Undergoing Chemotherapy", *Evidence-Based Complementary and Alternative Medicine*, vol. 2015, Article ID 270876, 10 pages, 2015. <https://doi.org/10.1155/2015/270876>
- Belleruth Naparstek, "Guided Imagery and Intuition" in A.A. Sheikh (Ed), *Healing Images; the Role of Imagination in Health* (pp.437-447). Baywood Publishing Co. 2003.
- Cunha LF, Pellanda LC, Reppold CT. [Positive psychology and gratitude interventions: a randomized clinical trial](#). *Front Psychol*. 2019;10:584. doi:10.3389/fpsyg.2019.00584
- Borelli, E., Bigi, S., Potenza, L., Fabio, G., Fabrizio, A., Giampiero, P., Porro, C., Fabio, E., Bruera, E., Lupio, M., & Bandieri, E., *Front. Oncol.*, 23 October 2022, Sec. Cancer Epidemiology and Prevention, Volume 12 - 2022 | <https://doi.org/10.3389/fonc.2022.991250>
- Hanson, Rick, Hanson & Forrest, "Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness" (pp.96-108). Harmony Books: 2018.
- Hill PL, Allemand M, Roberts BW. Examining the Pathways between Gratitude and Self-Rated Physical Health across Adulthood. *Pers Individ Dif*. 2013 Jan;54(1):92-96. doi: 10.1016/j.paid.2012.08.011. PMID: 23139438; PMCID: PMC3489271.
- [Komase, Y., Watanabe, K., Hori, D., Nozawa, K., Hidaka, Y., Lida, M., Imamura, K., Kawakami, N., Effects of gratitude intervention on mental health and well-being among workers: A systematic review, \(2021\). <https://doi.org/10.1002/1348-9585.12290>](#)
- Krippner, S., & Achterberg, J. (2000). Anomalous healing experiences. In E. Cardeña, S. J. Lynn, & S. Krippner (Eds.), *Varieties of anomalous experience: Examining the scientific evidence* (pp. 353–395). American Psychological Association. <https://doi.org/10.1037/10371-011>
- Petra Jerling & Marita Heyns (2020) Exploring Guided Imagery and Music as a well-being intervention: A systematic literature review, *Nordic Journal of Music Therapy*, 29:4, 371-390, DOI: [10.1080/08098131.2020.1737185](https://doi.org/10.1080/08098131.2020.1737185)

Bedankt

Köszönettel

Ευχαριστώ

תודה

Díky



THANK YOU

Gracias

Obrigado!

Vielen Dank

Hvala

Grazie